

Mon 1 st Jan	Hangover 5
Tue 2 nd Jan	Fartlek session @ Canadian Flag Run at a sustainably quick pace (a little slower than 5K pace?) for two minutes, and then 'sprint' for 30 seconds. Change pace on the whistle. How fully can you recover in those two minutes whilst still running? 2 x 12.5 minutes (2 x 5 sprints).
Thu 4 th Jan	Social Run @ Sidney Walter Centre The 'Overs and Unders' route: 11.0km, 8.6km or 6.6km.
Tue 9 th Jan	Hill Reps @ Adur Avenue Same as usual. 3 x 12 minutes of effort up the hill, recovery on the way down. Possible options involve going all the way to the top or going to the junction. [Steve Feest away on now on.]
Thu 11 th Jan	Social Run @ Goring Cricket Club The 'GCC' route: 10.2km, 7.9km or 6.0km. Involves Ilex Way, but there's a slightly longer dry route option too if necessary.
Tue 16 th Jan	500m pyramids @ Seafront (Lido? Pier?) 500m/1000m/1500m/1000m/500m (4.5km) pyramid session. Self-time 90 seconds recovery between reps; but keep moving (e.g. walking) between. Options to stick at 500m reps or do 500m/1000m/500m/1000m/500m (3.5km). Need to work out lampposts or markers that are 250m, 500m and 750m away.
Thu 18 th Jan	Social Run @ Thomas A Beckett The 'Thomas A Beckett' route: 10.5km, 8.3km or 6.5km.
Tue 23 rd Jan	600m reps @ Fernhurst Drive Run three sides of the loop at effort, and then take a recovery for the last side. Concentrate on running the effort quickly, so take a generous recovery when it comes; resist the temptation to skip the recovery and run the whole thing at the same pace.
Thu 25 th Jan	"Naked Run" @ George V shelter Don't worry, you get to keep your pants on! We will do a 7km 'race' from George V shelter, around the bandstand (just past Splashpoint), and back again – but without your watch! Prizes for those that estimate their finish time best beforehand.
Tue 30 th Jan	Hill Reps @ Adur Avenue Same as usual. 3 x 12 minutes of effort up the hill, recovery on the way down. Possible options involve going all the way to the top or going to the junction.
Thu 1 st Feb	Social Run @ The Brewhouse New (and slightly longer) routes, with 13km, 10.2km and 7.6km options.
Sat 3 rd Feb	parkrun Series On the first Saturday of each month, we'll try and group at a local-ish parkrun. This month? <i>Lancing Beach Green</i> .
Sun 4 th Feb	Chichester 10K
Tue 6 th Feb	4-minute intervals @ Princess Avenue The session is 6x 4 minutes, each followed by a one-minute walking or static recovery. Effort is probably similar to 5K pace.
Thu 8 th Feb	Social Run @ Thomas A Becket pub Eight pubs route: 10.2km, 8.1km and 6.3km options.
Sat 10 th Feb	XC @ Glynebourne, Lewes <ul style="list-style-type: none"> • 2.05pm: Women's race (5km) • 2.35pm: Men's race (8km) Entry fee is £6.
Sun 11 th Feb	WSFRL @ Crawley "Run Your Heart Out" <ul style="list-style-type: none"> • 10.30am: Juniors (1 mile) • 11am: Seniors (5 miles)
Tue 13 th Feb	Lamppost Intervals @ The Canadian Flag (Grand Avenue) Happy Pancake Day! Two sets of about 12-15 minutes. First set, run hard to the nearest lamppost, and easy jog recovery back; then run hard to the second lamppost (twice as far) and easy jog recovery back; then third, then fourth. Second set, do the whole thing in reverse. Run hard to the last lamppost that you did in the first set, and see if you can complete them all before the time runs out.
Thu 15 th Feb	Social Run @ Sidney Walter Centre 'Overs and Unders' route

	Optional drink afterwards at either New Amsterdam or Corner House pub.
Tue 20 th Feb	<p>Hill Reps @ First Avenue Meet at Hill Barn car park, and then jog over to First Avenue.</p> <p>Options for whomever is leading the session:</p> <ul style="list-style-type: none"> - The loop is around 1km round. Do two lots of 12-15 minutes; one lot clockwise and one lot anticlockwise, with a five minute regroup and photo in the middle. - Ignore the loop, and treat First Avenue like it's Adur Avenue and do straight forward hill reps, working hard on the way up and then easy recovery on the way back down. 3 x 12 minutes (longer because half the session is recovery).
Thu 22 nd Feb	<p>Social Run @ The Bull Pub, Ferring Meet at on the pavement outside the Bull pub and the Cricket Club.</p> <p>Distance options: 10.2km, 7.9km, 6.0km or run-walk.</p>
Sun 25 th Feb	Brighton Half Marathon
Tue 27 th Feb	<p>Magic Mile @ Canadian Flag This is a one-mile "race" - although you are only racing yourself! We will be timing it for you, and hoping to repeat this every couple of months, so you can gauge your progress over time.</p> <p>The mile starts at the George V Avenue shelter and ends at the rainbow steps in front of the theatre on the pier.</p>
Thu 29 th Feb	<p>Social Run @ Brewhouse Pub Different options: 13.0km, 10.2km, 7.6km or run-walk.</p>
Sat 2 nd Mar	<p>parkrun Series On the first Saturday of each month, we'll try and group at a local-ish parkrun. This month? <i>Hove Promenade</i>.</p>
Sun 3 rd Mar	<p>Steining Stinger Half, 30km, Marathon</p>
Tue 5 th Mar	<p>Meet and Retreat @ Fernhurst Drive 2 sets of 15 minutes. Split up in pairs of relatively similar ability (but not strictly necessary). One in the pair will run clockwise, whilst the other will run anti-clockwise (approx. 300m each). When the two meet, turn round and take an easy recovery to the start and repeat.</p>
Thu 7 th Mar	<p>Social Run @ Thomas A Beckett pub Different options: 10.2km, 8.1km, 6.3km or run-walk</p>
Tue 12 th Mar	<p>4-minute intervals @ Princess Avenue The session is 6x 4 minutes, each followed by a one-minute walking or static recovery. Effort is probably similar to 5K pace.</p>
Thu 14 th Mar	<p>Social Run @ Mulberry Pub Different options: 12km, 10km, 7.9km and run-walk.</p>
Tue 19 th Mar	<p>Lamppost Intervals @ The Canadian Flag (Grand Avenue) Two sets of about 12-15 minutes. First set, run hard to the nearest lamppost, and easy jog recovery back; then run hard to the second lamppost (twice as far) and easy jog recovery back; then third, then fourth.</p> <p>Second set, do the whole thing in reverse. Run hard to the last lamppost that you did in the first set, and see if you can complete them all before the time runs out.</p>
Thu 21 st Mar	<p>Social Run @ The New Amsterdam Different options: 12km, 10km, 7.9km and run-walk.</p>
Sun 24 th Mar	<p>WSFRL @ Fittleworth Flyers CANCELLED</p>
Tue 26 th Mar	<p>Hill Reps @ Adur Avenue Same as usual. 3 x 12 minutes of effort up the hill, recovery on the way down.</p> <ul style="list-style-type: none"> - First set of 12 minutes: All the way to the top (round the bollard) and back - Second set of 12 minutes: All the way to the grassy verge and back - Third set of 12 minutes: All the way to the Dart Close and back
Thu 28 th Mar	<p>Emma's Easter Hunt Run Meeting at Brewhouse, and then 'relay egg hunting' on Victoria Park</p>
Sat 30 th Mar	<p>SAA Sussex Road Relays Preston Park, Brighton Details TBC</p>

Sunday 31 st March – Clocks Change and start of trail season	
Mon 1 st Apr	WSFRL @ Lewes <ul style="list-style-type: none"> • 10.15am: Juniors (1 mile) • 10.45am: Seniors (10km)
Tue 2 nd Apr	Kilometre Reps @ Singleton Crescent
Thu 4 th Apr	Social Run @ Hill Barn Recreation Ground Was planning on doing the Hangover 5 route, but rained loads in the days leading up to Thursday. Instead we did road runs from Hill Barn and up towards Findon. 9.5km, 8km and 6.8km options.
Sat 6 th Apr	parkrun Series On the first Saturday of each month, we'll try and group at a local-ish parkrun. This month? <i>Littlehampton Prom.</i> Times (in whole minutes) from 20-39 available.
Sun 7 th Apr	Brighton Marathon Weekend Marathon – Holly, Robynn, Ella, Sarah (anyone else?) 10K – Phina, Charles
Tue 9 th Apr	Hill Reps @ Highdown, Ferring Limited parking available at Lansdowne Nursery and Quercus Nursery. More parking is available at Highdown Rise or at Asda car park.
Thu 11 th Apr	Social Run @ The Fox, Patching Everyone did the same 9.5km route, based on the Angmering Bluebell 10K route
Tue 16 th Apr	Intervals @ Fernhurst Drive Easy session with the Rowing Club 5K the following night. 2 x 12 minutes, running three sides (500m ish?) of Fernhurst Drive, walking recovery the other side.
Wed 17 th Apr	Worthing Rowing Club 5K
Thu 18 th Apr	Social Run @ Bost Hill Three routes, ranging from 4.5km to 8.5km
Sun 21 st Apr	London Marathon Do we know anyone doing it? Penny, Alice, Sarah Romero Run (5km/10km) At Oscar Romero School in Goring - https://rawrunning.co.uk/
Tue 23 rd Apr	Hill Reps @ Lambleys Lane Less than half a mile jog/walk from Lyons Farm Retail Park with free parking. Similar to our hill rep sessions at Adur Avenue, we'll do 2-3 blocks of 10-12 minutes of running hard up the hill and then taking an easy, active recovery (e.g. walking, jogging) on the way back down. The ground is tarmac, so no fear of getting your shoes muddy for once! Road shoes will be ideal.
Thu 25 th Apr	Social Run @ Swallows Return Three routes: 11.1km, 8.2km, 6.8km.
Sun 28 th Apr	Worthing RUN-Fest <ul style="list-style-type: none"> • 9.30am: Half Marathon • 11.05am: 10K • 11.20am: Family Mile If entering, use the code "GAZELLES15" to get 15% off.
Tue 30 th Apr	Social Run @ The Gun, Findon Three routes: 11.3km, 9.6km, 7.6km
Thu 2 nd May	River Rife Handicap @ Sea Lane Café A 6.8km handicapped race from Sea Lane Café, following the River Rife route. Runners will start at different times, based on their recent best parkrun time, with a view to finish roughly at the same time. Some maths involved!
Sat 4 th May	Preston Park parkrun
Tue 7 th May	Lamppost Intervals @ The Canadian Flag Steve Pigott to lead. 2 x 12 minutes, with a few minutes breather in between. For the first period of twelve minutes, these are increasingly long intervals. Start off with a tempo run to the first lamppost, and then a recovery run back. When back at the Canadian Flag, then a tempo run to the second lamppost, then a recovery run back. Then third, then fourth, etc.

	For the second period, we bring it back down again. Remember your furthest lamppost from the first period, and start off with that. See if you can get all the way back down to only one lamppost before the end of the 12 minutes!
Thu 9 th May	Social Run @ Honeysuckle Lane, Clapham Three routes: 10.2km, 8.6km, 6km
Sun 12 th May	WSFRL @ Portslade Hedgehoppers 11am. No junior race.
Tue, 14 th May	Hill Reps @ Highdown Vineyard, Ferring Notes afterwards: There was a bit of an altercation with a guy that alleged to be the landowner. Either way, we'll probably not use this route for a little while.
Thu, 16 th May	Social Run @ Dover Lane, Angmering Routes: 10.4km, 8.5km and 5.7km. (Worth checking the routes beforehand as the first mile or two is a bit confusing!). Drinks afterwards at the Fox.
Tue, 21 st May	Intervals @ Fernhurst Drive Steve Feest to lead a pyramid session consisting of 1 minute running, 1.5 minutes, 2 minutes, 2.5 minutes, and 3 minutes, each with a minute of recovery in between. Short breather to grab a drink, and then the same thing in reverse: 3 minutes, 2.5 minutes, etc. All in all, it's 20 minutes' worth of running.
Wed, 22 nd May	Chichester Trundle (WSFRL) 7pm – Juniors' 1 mile 7.30pm – Seniors' 5 mile
Thu, 23 rd May	Social Run @ Thomas A Becket Eight Pubs route. Distance options: 10.2km, 8.1km, 6.3km and run-walk.
Mon, 27 th May	Bank Holiday Gazelles Social 1pm onwards @ Goring Greensward Partners, kids, pets all welcome. Just bring your own snacks!
Tue, 28 th May	Intervals @ The Gallops Steve Feest to lead
Thu, 30 th May	Social Run @ The Bull Route options are 12.1km, 9.6km, 6.9km and run-walk
Sat, 1 st June	Bushy Park parkrun!
Tue, 4 th June	Intervals @ Highdown Field Steve Feest to lead
Thu, 6 th June	Beach Run @ Coast Café, Worthing Pretty much our own version of Beat the Tide. Forecast is supposed to be low tide (thanks Rachel!) so just going to do an out-and-back.
Sun, 9 th June	Worthing 10K
Tue, 11 th June	Intervals @ TBC
Thu, 13 th June	Social Run @ Honeysuckle Lane, Clapham They got pretty lost last time, so worth familiarising with the route beforehand!
Tue, 18 th June	Intervals @ Hill Barn Rec Pinky and Feesty to lead a session of intervals. Teams of 4-5 to do 50m sprints as a tag team for 10 minutes. Then 6 laps easy-fast-easy-fast, 1 lap marathon pace, 1 lap HM-pace, 1 lap 10K pace, and 1 lap 5K pace.
Thu, 20 th June	
Tue, 25 th June	
Wed, 26 th June	Magic Mile @ Preston Park This isn't strictly a Gazelles' session, but could be fun. A group organise a monthly 'Magic Mile' at Preston Park in Brighton. Entirely free, and you can run, jog or walk it. No registration involved beforehand (you give your name shortly before the start).
Thu, 27 th June	
Sat, 29 th June	“Downlands Dash” – WSFRL @ Burgess Hill Runners - 12.30pm, Seniors (5 miles) - 12.00pm, Juniors (1 mile) Downloads Community School, Dale Avenue, Hassocks, BN6 8LP
Tue, 2 nd July	
Thu, 4 th July	
Tue, 9 th July	
Wed, 10 th July	“Beach Run” – WSFRL @ Arunners - 7.30pm, Seniors (5 miles) - 7.00pm, Juniors (1 mile)

	West Green (next to where the Harvester used to be), Littlehampton, BN17 5LH
Thu, 11 th July	
Sun, 14 th July	“Hornet’s Stingers” – WSFRL @ Hove Hornets - 10am, Seniors (10km) Brighton Rugby Club, Waterhall Road, Brighton BN1 8YR
Tue, 16 th July	
Wed, 17 th July	Brighton Phoenix 10K
Thu, 18 th July	
Mon, 22 nd July	Beat The Tide 10K
Tue, 23 rd July	
Wed, 24 th July	Magic Mile @ Preston Park This isn't strictly a Gazelles' session, but could be fun. A group organise a monthly 'Magic Mile' at Preston Park in Brighton. Entirely free, and you can run, jog or walk it. No registration involved beforehand (you give your name shortly before the start).
Thu, 25 th July	
Tue, 30 th July	
Thu, 1 st August	

Bryan’s Mystery Trail Run @ World’s End, Patching

No route will be shared beforehand; instead, Bryan will produce instructions (either narrative or grid references) to navigate the 5-mile route as we go.